

hours after the operation, and is often attended with acute, lancinating pain through the eye, coming on periodically, and exciting great alarm on the part of the patient. If this condition be mistaken for inflammation, and acute antiphlogistic measures be employed to arrest it, the surgeon will be disappointed in the result, and in proportion as the violent efforts to vomit agitate the patient, will be the fear of permanent injury to the eye. The indication here appears to be to quiet the irritability of the system as speedily as possible by the administration of opium, either by the mouth or rectum, and to soothe the eye by suitable external applications. To meet the latter indication nothing has produced in our hands so prompt an impression as a poultice of fresh stramonium leaves applied to the affected organ.

The remaining portion of the work before us, is occupied with short descriptions of many of the less important diseases of the eye; thus fulfilling the design of the author, to present the reader with a full manual on ophthalmology. The whole is completed by a vocabulary containing a copious glossary of the terms employed in this branch of surgery, with a brief description of the diseases not mentioned in the text, to which is added an index which will be found convenient for reference.

We have endeavoured in this notice, to present a sketch of the contents of the work before us. It is presented under the modest title of a manual, but whilst the important diseases of the organ are discussed with a brevity becoming the general design of the work, they are yet described with a clearness and ease of diction, which render its pages both attractive and instructive. We can, therefore, recommend the volume of Dr. Littell both to practitioners and students, as not only a complete and well-written manual on diseases of the eye, but as containing in a small compass much valuable practical information derived from the author's frequent observation and experience.

I. P.

ART. XXVI.—*Physical Education and the Preservation of Health*. By JOHN C. WARREN, M. D., Professor of Anatomy and Surgery in Harvard University: pp. 90. Boston, Wm. D. Ticknor & Company: 1846.

Lecture on the Necessity of the Study of Physiology. Delivered before the American Institute of Instruction at Hartford, August 22d, 1845. By EDWARD JARVIS, M. D., of Dorchester, Mass.: pp. 55. Boston, Wm. D. Ticknor & Company: 1845.

BELIEVING that one of the most important missions of a true and enlightened physician, is to point out to mankind the way to avoid the causes which engender disease, and to show them the necessity of giving heed to the warnings of mischief going on within themselves, ere complete derangement takes place, and to endeavour to convince them that the various parts and organs of their wonderfully contrived body are governed by fixed laws, which cannot be departed from without sooner or later causing suffering and disease, we hail with pleasure every effort to lay before the public, plain, sound and practical information on the subject of Physiology. Such are the effect and aim of the above lectures, which emanate from the minds of men of large practical experience and of ability to set forth in simple language the valuable truths they have sought to illustrate. Dr. Warren has endeavoured "to point out some of the principal ways in which literary pursuits may be destructive to health, and also to show what measures may be adopted to prevent these pernicious consequences." He begins with some remarks upon the nature of the affections, as curvatures and distortions, which may be caused, especially among young females, by carelessness and mistake in the mode of conducting education; and having passed in review and illustrated the causes, both physical and mental, to which they are due, he carefully considers the means of improving the physical education, and thus of preventing or remedying these sad deformities. In an appendix to the lecture, are contained some useful practical remarks on digestion, exercise, mode of sleeping, the external use of cold water, frictions, and against the use of tobacco; all of which will be found instructive, and will well repay perusal.

Dr. Jarvis' lecture enters upon a different field of discussion, and is more admirably adapted to the purpose for which it was delivered than any other publication we have ever met with. Commencing with the question—what are the objects of a common school education?—he says that a man should learn to read and write, and should be instructed in the elements of geography, arithmetic and grammar, and that for obvious reasons, it is the duty of parents to give such instruction to their children. "But in all this there is one thing wanting, one study of primary interest omitted—the man has neglected to prepare himself to meet one responsibility, that, for every child of earth, comes first in the course of human life. * * * He must necessarily breathe, eat and exercise, and carry on all of the functions of the living body," and all these things must be attended to by himself, whatever else his occupation. Hence Dr. Jarvis gives "a high and front rank to the study of the laws of Physical life," to which he calls attention in the lecture before us, though for the want of necessary space he is obliged to "confine himself to the subjects of the digestive system and digestion, the lungs and respiration, the skin and its functions, the locomotive system, the brain and nervous system, their method of operations, and their connections with, and dependence upon external nature, their dependence upon our volition and our duties concerning them. It is also my (Dr. J.'s) purpose to show the beautiful and happy consequences of health, and vigour, and protracted life, that follow the faithful obedience to these laws; and, on the other hand, the melancholy consequences of pain and weakness, of sickness and premature death, that follow from our neglect and disregard of them."

The question of what advantage to mankind is the study of physiology, is admirably, and yet briefly answered, by a cursory view of the organs and functions above-mentioned, and of their relations to each other, and to external nature. He shows that "a generous and provident Creator has bestowed upon man all the organs and vital machinery necessary for carrying on the operations of life. But he has left it to man to set and to keep some of these in motion." That we are hence co-operators with the Creator in carrying on these functions, with the certainty that "what God has done for us is well done. So far, nothing is deficient, and nothing is redundant." And as we have placed in our hands the means and power to do what he has required of us, we are responsible for the proper use of them. Hence our first duty should be "to learn what has been done, and what is left for us to do; to know the nature, powers, and wants of our bodily organs; the purposes to which they can best be applied, and their capacity of endurance. We should also ascertain the nature and fitness of the material upon which they are to operate. Without this knowledge, we may err and stumble * * we may create weakness instead of strength, and disease instead of health."

We have thus presented the argument of Dr. Jarvis, chiefly in his own appropriate and expressive language—an argument, most happily illustrated and enforced in the remaining portions of the lecture, which is occupied with an admirable, plain, common sense view of the different functions of which we have above spoken. Indeed we know not how sufficiently to praise the work before us; for while there is little novel to the well-instructed physician in its pages, there are exhibited throughout such a thorough acquaintance with the subject, such a conviction of its importance, and of his duty in enforcing that belief on the minds of all, and withal, such a judicious selection of the most practical points, and good sense in their discussion and manner of presentation, that we look upon it as the most valuable contribution to popular medical literature; (and here let us say, that we consider this the only department of medicine which can ever with propriety or advantage be taught to "the people,") which has fallen within our reach. As one of our cotemporaries has justly said, "a copy of it ought to be placed, at the public expense, in every family in the Union."

C. R. K.